



***Want to learn more? Find the detail you need to make decisions on your remodel with the following resources.***

### **General Information**

*The internet is a great place to research green remodeling topics. Try search terms such as "residential green building", "green building materials", "healthy building", "energy conservation", "water conservation" and "sustainable building".*

- *No-Regrets Remodeling* from Home Energy Magazine. Excellent general reference for home remodels, focusing energy savings at [www.homeenergy.org](http://www.homeenergy.org) (click on Home Energy Products)
- *The Smart Kitchen* by David Goldbeck (Ceres Press, 1994)
- *The New Natural House Book* by David Pearson (Fireside Publishers, 1998), kitchen section
- Built Green [www.builtgreen.net](http://www.builtgreen.net). This local program helps Puget Sound homebuyers find quality, affordable homes that offer opportunities to protect the health of their families and the Northwest environment. A version developed for remodeling projects is available.
- Northwest Ecobuilding Guild *Green Pages*: [www.ecobuilding.org/gp/](http://www.ecobuilding.org/gp/) The Ecobuilding Guild is an association of builders, designers, homeowners, and others concerned with ecological building. The *Green Pages*, available online and in print, is a key resource for finding "green" building professionals in your area.

Natural remodel or not, there are general tips for hiring a contractor. See the Federal Trade Commission's tips on hiring a contractor: [www.ftc.gov/bcp/conline/edcams/homeimp/index](http://www.ftc.gov/bcp/conline/edcams/homeimp/index)

### **Appliances**

- Energy Star program: [www.energystar.gov](http://www.energystar.gov) lists appliances that meet strict energy use criteria.
- Tips on ovens, ranges and other kitchen appliances [www.rmi.org/sitepages/pid194.php](http://www.rmi.org/sitepages/pid194.php)
- See Indoor Air Quality for information on kitchen ventilation.

### **Certified Wood**

Programs exist that evaluate wood sources for environmental and social responsibility. The Certified Wood and Paper Association web site discusses the environmental, social, and economic benefits of responsible forestry and wood product manufacturing, and includes a search function for products and retailers that carry them: [www.cwpa.info](http://www.cwpa.info)

### **Drinking Water Quality**

General information: [www.cityofseattle.net/util/services/waterquality/](http://www.cityofseattle.net/util/services/waterquality/). Start at this page on the Seattle Public Utilities site to find information on lead in drinking water, Seattle water quality testing, and home water filtration systems, among other topics.

### **Energy and Water Efficiency**

- See Appliances, above.
- Seattle City Light [www.cityofseattle.net/light/conserve](http://www.cityofseattle.net/light/conserve)
- "Kitchen Lighting" article and general lighting info [www.elflist.com/article08\\_kitchen.htm](http://www.elflist.com/article08_kitchen.htm)
- [www.savingwater.org](http://www.savingwater.org): an overview of water use in the home, and information on fixing leaks and home and yard water conservation

The Energy Star Kitchen Remodel at [www.energystar.gov](http://www.energystar.gov) (click on *Common Home Improvements* and select *Kitchens*)

### **Indoor Air Quality**

- Washington State Code (WAC 51-13) requires kitchen ventilation to have a minimum fan flow rating of 100 cubic feet per minute (CFM).
- <http://oikos.com/library/index.html#Ventilation> Articles on home ventilation, including information on rangehoods
- [www.alaw.org/air\\_quality/healthy\\_house\\_programs/](http://www.alaw.org/air_quality/healthy_house_programs/) The American Lung Association of Washington's *Healthy House* program information.
- See also *Remodeling Hazards*, below.

## Materials Selection and Use

- "Environmental Building News: What Makes a Product Green?" at [www.buildinggreen.com/features/gp/green\\_products.html](http://www.buildinggreen.com/features/gp/green_products.html)
- "Sustainable Building and Reuse of Building Materials"—a Client Assistance Memo (CAM #336) from Seattle's Department of Design, Construction and Land Use (available online at [www.seattle.gov/dpd/Publications/](http://www.seattle.gov/dpd/Publications/))

## Paints and Finishes

"Six Steps to a Successful Paint Project" [www.metrokc.gov/hazwaste/house/paint.html](http://www.metrokc.gov/hazwaste/house/paint.html) Tips from King County on safer paint selection and use, including a paint calculator and tips for reducing lead-based paint exposures.

## Recycling, Composting, Reducing Waste

- Construction recycling tips and assistance from the Resource Venture: [www.resourceventure.org/construction.htm](http://www.resourceventure.org/construction.htm). The Resource Venture assists Seattle businesses in reducing waste, recycling, saving water, and more, for free. Tell your contractor and architect.
- "Composting at Home" Guide in the Natural Lawn & Garden series. See [www.seattle.gov/util](http://www.seattle.gov/util) and click on *Yard* or call the Natural Lawn & Garden Hotline at (206) 633-0224 for information on food scrap composting, worm bins, and more.
- Kitchen recycling stations—sample designs:
  - [www.greenbuilder.com/sourcebook/HomeRecycling.html](http://www.greenbuilder.com/sourcebook/HomeRecycling.html)
  - [www.ci.austin.tx.us/greenbuilder/fs\\_homerecycle.htm](http://www.ci.austin.tx.us/greenbuilder/fs_homerecycle.htm)
- Learn what's accepted in Seattle's Curbside Recycling program: see [www.seattle.gov/util](http://www.seattle.gov/util) and click on *Recycling* or call (206) 684-3000
- Reduce toxic materials in your home. See "Toxics Reduction," below.

## Remodeling Hazards (Asbestos, Lead, and Formaldehyde)

- **Asbestos:** see the Puget Sound Clean Air Agency's website [www.pscleanair.org/asbestos/](http://www.pscleanair.org/asbestos/) or email ([asbestos@pscleanair.org](mailto:asbestos@pscleanair.org)) or call (206) 689-4058 for assistance. The Clean Air Agency also has a document on removing vinyl sheet flooring containing asbestos: <http://www.pscleanair.org/forms/asb-vinyl.pdf>
- **Lead:** [www.epa.gov/lead](http://www.epa.gov/lead) or call (800) 424-LEAD (the National Lead Information Clearinghouse). For lead in drinking water, see Drinking Water Quality, above.
- **Formaldehyde:** [www.epa.gov/iaq/formalde.html](http://www.epa.gov/iaq/formalde.html) Engineered wood products such as plywood, particleboard, and oriented strand board can contain *urea formaldehyde*, a toxin and irritant. Avoid urea formaldehyde-containing products by choosing products with the labeled "EXPOSURE 1," "EXTERIOR" or "HUD APPROVED."

## Toxics Reduction

See [www.metrokc.gov/hazwaste/house](http://www.metrokc.gov/hazwaste/house)—find out what common hazardous substances may be in your home, and finding alternatives.

Avoiding toxic building materials: See the Washington Toxics Coalition website: [www.watoxics.org](http://www.watoxics.org) (click on *Toxics in the Home*).

## Universal Design

AARP Tutorial on Universal Design for the Home: [www.aarp.org/universalhome/home.html](http://www.aarp.org/universalhome/home.html) Discover how using Universal Design Principles will help you to create an adaptable kitchen you will enjoy for years to come.

Find the guide that accompanies this resource list at [www.seattle.gov/sustainablebuilding](http://www.seattle.gov/sustainablebuilding) (click on *Green Home Remodel*). If you're a Seattle resident, call Seattle Public Utilities' Sustainable Building Program at (206) 615-0731 to receive a print version of the resource list or other brochures in this series.